

10 Mistakes That Keep You Stuck (and How to Fix Them)



I made every mistake — cutting too much, eating too little, and wondering why I couldn't stay consistent. After years of trial and error, I discovered what truly works.

These are the 10 most common mistakes that keep people stuck — and how to fix them for good. 

1. Skipping Protein 🍖

Protein is the key to staying full, preserving muscle, and supporting fat loss. But most people don't get nearly enough. When you fall short, hunger sneaks in sooner, energy dips, and progress slows — even if calories look right on paper.

✅ **Fix:** My Plan ensures you get the protein your body needs — no tracking required. You'll enjoy satisfying, balanced meals with plenty of options to fit your taste and routine.

2. Cutting Carbs Too Low 🍞

Low-carb diets promise fast results. I tried it once — and it felt like a shortcut to clogged arteries, not better health. My energy tanked and cravings took over. Without enough smart carbs, workouts suffer and mood can drop, making it harder to stay consistent.

✅ **Fix:** My Plan brings carbs, fats, and protein into balance — real food, real energy, real results. You'll eat foods that fuel your body, support health, and are sustainable.

3. Cutting Fat Too Low 🥑

On the flip side, many “low-fat” diets go too far — leaving you hungry, tired, and missing key nutrients your body needs. Healthy fats are essential for hormones, brain health, and keeping you satisfied.

✅ **Fix:** *My Plan includes healthy fats in the right amounts — from foods like avocado, olive oil, nuts, and fish — so you feel satisfied, energized, and balanced while losing weight.*

4. Relying on Processed “Diet Foods” 🍪

Shakes, bars, frozen “diet” meals — they promise convenience but usually leave you hungry, cranky, and right back in the pantry an hour later. They're often loaded with sugar, artificial ingredients, or empty calories that don't truly nourish your body.

✅ **Fix:** *My Plan uses real food — simple meals you can make and enjoy — so you feel satisfied, fueled, and never stuck relying on cardboard-tasting “diet” products again.*

5. Obsessing Over Calories Alone

Counting every calorie can feel like control — but it misses the bigger picture. You can eat “low-calorie” foods all day and still feel tired, hungry, or struggle to lose weight if you’re missing the right balance of nutrients. Focusing only on numbers can make eating feel stressful instead of enjoyable, and that stress itself can stall progress.

✅ **Fix:** *My Plan takes the stress out of calorie counting by giving you balanced meals with the protein, fiber, and calcium your body needs. You’ll eat enough to stay satisfied while still creating the steady, healthy weight loss you want.*

6. Not Getting Enough Fiber

Fiber is often overlooked, yet it’s key for fullness, digestion, and steady energy. Most people get barely half of what they need, leaving them hungry and tired. Getting enough fiber also helps balance blood sugar, supports gut health, and keeps you satisfied for hours after eating.

✅ **Fix:** My Plan naturally builds in fiber from fruits, veggies, beans, and whole grains — no tracking needed — without having to track a single gram.

7. Ignoring Calcium & Micronutrients

Most diets focus on calories and miss key nutrients. Calcium builds strong bones and steady weight control, while other micronutrients boost energy and mood. When these are missing, progress slows — even when calories are “perfect.” Your body works best when it’s nourished, not deprived.

✅ **Fix:** My Plan nourishes you with balanced meals rich in calcium, protein, fiber, and essential nutrients for lasting health. Labs improve — you’ll feel the difference.

8. Skipping Meals or Starving All Day

It sounds logical: eat less, lose weight. But skipping meals or “saving up calories” backfires — hunger builds, cravings hit, and overeating or binging at night follows. It also slows your metabolism and drains your energy.

✅ **Fix:** My Plan keeps meals simple, satisfying, and balanced so you never feel the need to starve. You’ll fuel your body, curb cravings, and see steady, lasting results.

9. Falling for Quick-Fix Diets ⚡

Detoxes, cleanses, extreme fasting — I've tried them all. And where did it leave me? With the metabolism of a snail, frustrated, and right back where I started. Quick fixes might give short-term results, but they don't teach you how to eat for life.

✅ **Fix:** My Plan focuses on balance, not gimmicks. You'll enjoy three satisfying meals spaced 4-5 hours apart — simple, sustainable, and flexible for real life.

10. Trying to Do It Alone 🤝

Most people start strong but struggle to keep going when life gets busy. Without support, encouragement, and a clear plan, it's easy to slip back into old habits — and end up starting over again and again. I know, because I tried to do it alone for years.

✅ **Fix:** *My Plan gives you the structure, tools, and guidance you need — plus opportunities for support along the way. You'll finally have everything it takes to lose the weight, find your balance, and keep it off — once and for all.*

What I Learned Along the Way 🌿

These are the mistakes that kept me stuck for decades — until I built a plan that finally worked in real life.

Now it's your turn to see what's possible when you stop starting over — and start finishing strong.

— Isabelle

👉 Visit thrivewithisabelle.com/the-plan to explore the full program and begin your own lasting change.